

How do I register?



Step 1

You will receive an introductory text explaining how to register for the service by answering the text 'START1' to take part or 'START2' to decline, this text is free.

If you don't reply, we will send you a reminder after 7 days. If you don't answer the reminder text after a further 7 days, we will assume you don't want to take part and you will receive no more text messages.

Step 2

Over a course of 14 days you will receive text messages with information and web links that will help you to understand and self-manage your condition.

What will I need?



In order to use the COPD service, you will need access to:

- A mobile telephone that can receive text messages, this doesn't need to be a smartphone.

Some of the texts you receive will contain web links to online resources.

You don't have to access these straight away as they will stay on your phone.

You can also access these web links by copying and pasting into a browser on a tablet or computer.

What information will the service provide?



- An explanation of what Chronic Obstructive Pulmonary Disease (COPD) is.
- Information about Pulmonary Rehab
- Information about Community Groups
- Information about inhalers and inhaler techniques
- Information on what Self-Management is
- Emphasis on how important it is to look after your health by getting your flu jab when it is due.

What happens next?

- We hope by giving you information about your condition, it will help you to manage it in a way that will cut down on the number of times you become unwell
- You will be offered an annual check-up by your GP Practice to make sure you are not having problems with managing your condition but if you feel your symptoms are getting worse you may be referred to a Respiratory Specialist Nurse or a Respiratory Consultant.

Please note

- If you need medical assistance, you should contact your GP Practice or call NHS 24 (out of hours) on 111 or
- In the case of an emergency, dial 999.